

# LYNN COUNCIL ON AGING SENIOR CENTER



## March 2018

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

Marching in... Marching on...Marching up...February flew by and March is upon us!

In honor of St. Patrick's Day- May your blessings outnumber the shamrocks that grow! And may trouble avoid you wherever you go! Corned Beef Dinner will be served here on Thursday, March 15th! 11 am -12 pm... \$2. March on down. If you have a xylophone or even a kazoo, march with intent and let the long parade of ducklings follow you. Really should be the March of the Penguins since the temperature is still in the 20's! Ok, call me crazy; but I've always marched to the beat of a different drum! How many "March" expressions can you come up with? Leave them on my voicemail or email me! My dog marches down the street in a puppy prance. The ants go marching one by one...Hoorah! Hoorah! -Marcato! Music instructions meaning play like a march. Remember when Lynn had the greatest Drum and Bugle Corps convening at Manning Bowl with impressive marches? In the great words of my Dad after begging for a glass of water, then a snack, another glass of water, and then of course a bathroom trip was, "...and march yourself right back up those stairs and go to sleep!" Put on your marching shoes and come down and see us! We're waiting for you.... Anyone see where I left my baton?

~Stacey Minchello

### From Your Mayor

On February 14th, we kicked off a yearlong celebration of Frederick Douglass's 200th birthday at City Hall. Stay tuned for additional events being held at the Lynn Museum, at North Shore Community College, on the Commons, at High Rock Tower and in our church communities.

Mr. Douglass is a very important part of Lynn's history. We're proud that Lynn was a place where Mr. Douglass found not only refuge, but was also able to continue his work championing the rights of all those who were oppressed, whether they were escaped or newly freed slaves, women, or immigrants.


During this year we hope that today's residents will learn more about Frederick Douglass' story in Lynn. We hope that his words will continue to inspire each of us to remember what made our own families settle in Lynn.

Shows coming to the Auditorium in March include Decades Rewind, The Chieftains, Peter Cetera, and Leo Dan. For more information and tickets 781-599-SHOW or visit <http://www.lynnauditorium.com>.

On February 27th, we commemorated Dominican Independence Day with a flag raising at City Hall and look forward to raising the Irish flag in honor of St. Patrick's Day this month.

-Mayor Thomas M. McGee

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## Lynn Council on Aging Senior Center

Publication  
funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Erica Brown  
Program Coordinator ext. 618  
Rosa Paulino-Diaz  
Activities Assistant ext. 625

Hours of  
Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

**Arthur Akers** President  
**Minette Lall** Vice President  
**Lester McClain** Clerk  
**Joseph Bryson**  
**Pam Edwards**  
**Frank LaMacchia**  
**Charles Mitchell**  
**Marlene Vasi Eddy**

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble** President  
**Ann Breen** Vice President  
**Katherine Brown** Treasurer  
**George Harvey** Recording Secretary  
**Anna Szpak** Membership Secretary

Meets last  
Thursday of the  
month @ 9:45

**Meeting Dates:** Mar 29 Apr 26 May 31 Jun 28  
**Considering joining the FRIENDS?** Come visit us and see what we're all about  
 Friendship first, friendly smiles making and raising funds for our senior center.

## Tired of waiting for the mail?

Monthly newsletters are posted online:  
[www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

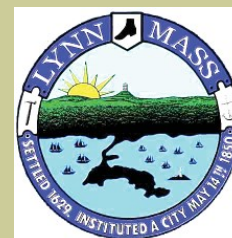
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

## Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~ Dr. Harvey Berger

Thank you for your donation

~ Sophie Karoumpalis

Feel better, Leona Comeau, we miss you at the center!

~Bruce Baker

In loving memory of Marian Gibson. We all miss you at the Central Congregational Church

~ Bruce Baker

In loving memory of Win LeGrow & Pauline Stickney, former officers of the FRIENDS of LCOA

~Grace & Mary Ishkanian

Thank you for your donation

~Bob Gallucci

In loving memory of Nick Chakoutis

~Kiki and Ink Chaiton

## DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make

check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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Person's Name: \_\_\_\_\_

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Donated by: \_\_\_\_\_

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ADAPTIVANTS

## CASINO TRIPS

***Due to winter weather, casino trips will take a brief break until April.***

**Foxwoods Casino \$29 April 17**  
(40 people must sign up before April 6!) 6:30am—6:30pm  
Pre-paid reservation required.



**Foxwoods Casino \$29 May 15**  
(40 people must sign up before May 4!) 6:30am-6:30pm  
Prepaid reservation required.



**Coach busses are equipped with handicap accessibility and WI-FI!**

**\*\*Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.\*\***

**Please note that early departure times are an attempt to beat Boston traffic.**

## UKE CAN DO IT! UKULELE LESSONS

A second session of ukulele lessons will begin March 13th. This round of classes is open to returning players and beginners alike! Classes begin at 10:00am



## MBTA SENIOR PASS EVENT

The Lynn Senior Center will hold an MBTA Senior CharlieCard event on Thursday, April 19th from 10:00AM -1:00PM. Please stay tuned for more information!

## PEABODY COUNCIL ON AGING DRILL TEAM: NEW MEMBERS

The Peabody Council on Aging Women's Drill Team begins its 34th season on February 6, 2018. At the November 2017 PCOA Variety Show the Team's show-opener to the Colonel Bogey March was greeted enthusiastically as it marched on to the stage. The Team also performed in the rousing Salute to Veterans. The team's members range in age from the 60s to the 90s, and some of the members have been with the Team more than 30 years. The Team is currently seeking to add members to its ranks.

There is no cost to participate and membership is open to women from all over the North Shore. The practice sessions (every Monday at 10AM at the Senior Center) provide an hour of moderate exercise – both physical and mental. Remembering the steps and positioning of a drill is a challenge, but it also provides

laughter and camaraderie

Anyone interested in learning more about this engaging activity is invited to watch a practice session on a Monday morning at the Peabody Center. Or you can call

Carol at 978-531-1167 or send an e-mail to [car Spencer2@verizon.net](mailto:car Spencer2@verizon.net)



## NEW MEDICARE CARDS

Between April 2018 and April 2019 Medicare is removing Social Security numbers from Medicare cards and mailing each person a new card. This is to keep your personal information more secure. Your new card will have a new Medicare Number that is unique to you and will only be used for Medicare. Your coverage will not change.



To get ready:

Make sure your mailing address is up to date.  
Call 1-800-772-1213 if you need to correct it.  
**Beware of anyone contacting you about your new Medicare card. Medicare will NEVER ask you to give personal information to get a new card.**

## LGBTQ SENIORS: SAVE THE DATE AND JOIN US!

Meet and Greet

Thursday, April 26, 2018

5:30 – 7:00 p.m.

**Modern and More**

68 Exchange Street, Lynn, Mass.

Guests from SpeakOUT Boston will lead a conversation about our stories and histories. LGBTQ elders, caregivers, and friends are invited.

There is no cost for this event!

Light refreshments will be served.

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn & Soda

### Wide Screen Plasma Home Theatre System

<b>Mar 7</b>	Marty	1955	NR	90 min
<b>Mar 14</b>	I'll See You In My Dreams	1951	NR	110 min
<b>Mar 21</b>	Black Mass	2015	R	2h 2 min
<b>Mar 28</b>	New In Town	2009	PG	96 min



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





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45 Albion Street • Wakefield MA 01880 • 781-224-3600  
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[www.BestMakesItHappen.com](http://www.BestMakesItHappen.com)



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## MARCH HAPPENINGS

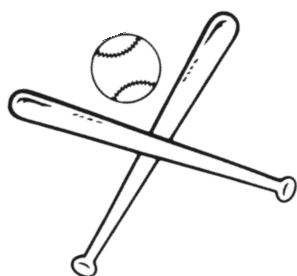
- Mon Mar 5** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Mar 6** Birthday Karaoke 11:30am—1:00pm
- Wed Mar 7** Lunch Trip: The Cheesecake Factory 11:00am—1:30pm  
Peabody, MA \$2
- Thu Mar 8** **Ice Cream Social** \$0.50 1:00pm  
Sponsored by the FRIENDS of the LCOA
- Tue Mar 13** Day Trip: Christmas Tree Shop 10:30am—1:00pm  
Saugus, MA \$2
- Thu Mar 15** **St. Patrick's Day Celebration** 11:00 am—12:00pm  
Traditional Corned Beef Dinner served while supplies last  
Live performance by Kevin Farley
- Fri Mar 16** **Brown Bag** 9:00am—12:00pm  
Sponsored by Greater Boston Food Bank
- Mon Mar 19** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Thu Mar 22** Lunch Trip: Friendly's 11:00am—1:30pm  
Saugus, MA \$2
- Thu Mar 22** **SENIOR CENTER CLOSED AT 2:00PM**  
**HORSERACING RESCHEDULED TO WEDNESDAY**  
**MARCH 21ST**
- Tue Mar 27** Downsizing workshop with Cheryl Russo 2:30pm



## Opening Day Celebration

Please join us Thursday April 5th for a Red Sox Opening Day Celebration!

We will serve a hot dog meal from 11-12 for \$3.  
A raffle of Red Sox gear will be at 12:30. Tickets are \$1  
Opening ceremonies will be broadcasted at 1:05 and  
we will broadcast the game beginning at 2:00



## Save the Date!



*Mayor Thomas M. McGee*

## Senior Prom



Thursday, May 24<sup>th</sup> 4pm – 7pm \$5

At the Lynn Senior Center

Live entertainment and dinner is provided!

Tickets go on sale, first come first serve on

**Fri, April 27th.**

Must be a registered senior center participant.

Formal dress attire not required. Dress comfortably.

## Save the Date!

Cheryl Russo a Professional Organizer from "Organizing By Cheryl" in Lynn will be giving a workshop at the Senior Center on Tuesday March 27 @ 2:30. The emphasis will be on downsizing. All are welcome!

**YOUR  
AD  
HERE**

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TODAY**

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## Wellness Watch March 2018

March is National Nutrition Month. This is a great time to think about making small changes to improve. We can all make small changes throughout the month to help our health in the long run. Older adults are often concerned about memory loss. 1 in 9 adults over the age of 65 have a diagnosis of Alzheimer's. Making changes in what you eat can make a difference in your memory. Here are four types of food that can help boost your memory:

### Eat your veggies

Broccoli, cabbage, spinach and kale may help to improve memory. Eat your vegetables fresh or frozen, cooked or raw. Get creative in how you eat them, and try new recipes!

### Eat dark berries

Dark berries such as blueberries, blackberries and cherries are good sources of anthocyanin's and flavonoids. These are big words for coloring compounds that also have been found to help with memory function. The benefits can come from fresh, frozen or dried fruits. These berries are all great snacks, can be added into hot or cold cereal or can be eaten as dessert!

### Omega-3 Fatty Acids

Omega-3 fatty acids can be found in different seafood such as salmon, Bluefin tuna, sardines and herring. DHA is a fatty acid in the brain and by eating fatty acid foods it can help improve overall brain function. Substituting fish for meat 2-3 times a week will help to incorporate it into your diet. Fish can be grilled, baked or broiled for great flavor. It can also be added onto a salad to incorporate those green vegetables!

### Walnuts

Walnuts have a positive impact on heart health and can also improve memory. Snacking on walnuts can help to satisfy hunger in between meals. They can also be added to hot cereal, a salad or a stir fry.

**Interested in learning more about nutrition?** For more information about healthy food choices for older adults you can join a **Healthy Eating workshop** provided to you by Wellness Pathways. This workshop teaches you about the MyPlate food model to help with a variety of food choices and portion sizes. The workshop also includes the importance of exercise in addition to healthy eating and teaches you a variety of exercises that can be done in your own home.

**Contact: Kelsey Magnuson**

**781-586-8530**

**[kmagnuson@glss.net](mailto:kmagnuson@glss.net)**





## SENIOR CENTER ACTIVITIES • March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 WII	9:00 -12 WII	9:00 -12 WII	9:00 -12 WII	9:00 -12 WII
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
11:00-12:00 LUNCH	10:00-11:00 UKULELE LESSONS	9:30-10:30 BEGINNER'S TAP	10:00-12:00 KIOSK (IN2L)	11:00-12:00 LUNCH
12:00-1:00 MOVE SAFE CLASS	10:00-11:30 OIL PAINTING	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 SPORTS CLUB	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
1:00-2:45 BINGO	11:00-12:00 LUNCH	1:00 – 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	1:30 BILLIARDS CLUB		1:00 -2:00 FREE ZUMBA CLASS	
			2:00-3:00 HORSE RACE	

### OLYMPIA SQUARE APARTMENTS

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- Accepting applications



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#### Ready... Set... Go! Program

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# CARS

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E	F	O	R	D	A	I	Y	V	E	H	C	L	B
E	R	F	N	I	S	S	A	N	R	I	A	L	T
P	G	I	R	C	N	Y	M	I	M	M	M	I	O
E	A	O	I	S	A	N	M	I	B	R	R	A	Y
I	N	F	I	N	I	T	I	O	N	A	O	T	O
I	U	H	Y	M	B	E	R	U	R	I	E	A	T
T	A	P	Y	U	O	G	G	R	R	T	I	U	A
T	A	S	P	U	H	D	E	A	W	A	N	D	I
A	C	B	I	I	N	F	O	B	R	I	B	I	I
G	U	D	N	T	O	D	A	D	M	I	C	U	O
U	R	I	U	A	N	D	A	U	G	W	M	R	S
B	A	P	A	G	A	N	I	I	A	E	G	U	F
T	T	A	I	A	A	R	Y	T	C	M	N	H	D

DODGE

TOYOTA

INFINITI

LAMBORGHINI

HYUNDAI

FORD

SUBARU

NISSAN

FERRARI

BUGATTI

CHEVY

BMW

AUDI

PAGANI

MINI

MERCURY

JEEP

ACURA

GMC



# March 2018

Requested Donation is \$2.00 per meal

## Greater Lynn Senior Services COMMUNITY CAFÉ MENU – MARCH 2018

GLSS NUTRITION  
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.)	IT'S NATIONAL NUTRITION MONTH!	1 Chicken pot pie(620)* Steamed potatoes(5) Calories-600 Sodium-990 ALTERNATIVE Eggplant parm/ sauce(512)* Calories-650 Sodium-923	2 Baked fish/lemon(220) Soup/crackers(204) Calories-636 Sodium-821 ALTERNATIVE Cheese pizza(340) Calories-600 Sodium-690
5 Curry chicken(150) White rice(5) Calories-658 Sodium-455 ALTERNATIVE Pasta primavera(200) Carrots(43) Calories-700 Sodium-542	6 Pasta/ chicken meatballs(325) Spinach(40) Calories-680 Sodium-624 ALTERNATIVE Beef/chimichurri sauce(140) Yellow rice(180) Calories-819 Sodium-594	7 Honey rosemary pork(73) Roasted sweet potato(104) Calories-650 Sodium-460 ALTERNATIVE Bean/cheese burrito(100) Green beans/red pepper(6) Calories-600 Sodium-555	8 Meatloaf/gravy(214) Soup/crackers(185) Calories-757 Sodium-913 ALTERNATIVE Oven fried chicken(300) Rice/pigeon peas(83),soup Calories-780 Sodium-974	9 Broccoli/egg bake(436) Red bliss potatoes(5) Calories-738 Sodium-841 ALTERNATIVE Fish/coconut sauce(290) Glazed carrots(124) Calories-615 Sodium-695
12 Stuffed pepper(208) Soup/crackers(216) Calories-900 Sodium-815 ALTERNATIVE Seasoned pork(106) Calories-650 Sodium-500	13 BBQ chicken(328) Baked potato/cream(22) Calories-720 Sodium-790 ALTERNATIVE Fried fish(220) Calories-740 Sodium-676	14 Salisbury steak/gravy(460) Soup/crackers(240) Calories-700 Sodium-1081 ALTERNATIVE Chicken/yellow rice-(296) Calories-672 Sodium-696	15 St. Patrick's Celebration Corned beef/cabbage wedge Potatoes/parsley Carrots/turnips Crème de menthe brownie Calories-776 Sodium-1135	16 Fish/lemon wedge(220) Rice pilaf(93) Calories-668 Sodium-620 ALTERNATIVE Stewed beef(422) Calories-659 Sodium-822
19 Lasagna/tomato sauce(405) Salad/dressing(264) Calories-600 Sodium-949 ALTERNATIVE Egg/cheese croissant(410) Calories- 600 Sodium- 1020	20 Cranberry orange chicken(116) Rice pilaf(93) Calories-748 Sodium-557 ALTERNATIVE Eggplant parm(512)* Calories-650 Sodium-813	21 Pork hot dog/roll(886)* Baked beans(206) Calories-738 Sodium-1253** ALTERNATIVE Chicken stew(190) Calories-663 Sodium-500	22 Pot roast/gravy(168) Mashed potatoes(107) Calories-636 Sodium-773 ALTERNATIVE Veggie enchilada(300) Calories-650 Sodium-792	23 Breaded fish(380) Soup/crackers(215) Calories-900 Sodium-992 ALTERNATIVE Cheese pizza(220) Calories-890 Sodium-950
26 Chicken cacciatore(152) Salad/dressing(62) Calories-832 Sodium-558 ALTERNATIVE Beef picadillo(330) Rice(5) Calories-746 Sodium-900	27 Roast beef/onion gravy(178) Cheddar mashed potato(136) Calories-641 Sodium-676 ALTERNATIVE Veg. Shepherd's pie(200) Beets(52) Calories-600 Sodium-571	28 BBQ pork rib-b-que(680)* Soup/crackers(160) Calories-773 Sodium-1145 ALTERNATIVE Honey lime chicken(116) Rice/bean sauce(83) Calories-700 Sodium-510	29 Roast turkey/gravy(450) Mashed potato(107) Calories-657 Sodium-862 ALTERNATIVE Spanish meatballs(228) Potato(107) Peas(68) Calories-630 Sodium-689	30 Spinach/cheese bake(428) Steamed potatoes(5) Calories-716 Sodium-785 ALTERNATIVE Fish/tomato & onion(220) Yucca(17) Calories-718 Sodium-550

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

# Hair Salon

## **SOPHIE'S SALON**

**WEDNESDAYS**

**9:00 AM—1:00 PM**

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

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THURSDAY**  
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Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### PODIATRIST



**Thurs March 8 & Thurs March 29**

10:00 am - 12:00 pm

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### BLOOD SUGAR & BLOOD PRESSURE

**Every Wednesday**

8:00 am - 9:00 am



### LYNN COUNCIL ON AGING SENIOR CENTER

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